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**Table S1** The percentage of organ weight to body weight ratio of mice after 4 weeks of treatment

Organs	Groups			
	ND (%)	HFD (%)	HFD50 (%)	HFDMET(%)
Liver	$3.70 \pm 0.25$	$3.38 \pm 0.31$	$3.44 \pm 0.30$	$3.38 \pm 0.32$
Kidney	$1.31 \pm 0.16$	$1.08\pm0.05$	$1.07\pm0.06$	$1.10\pm0.09$
Visceral white adipose	$0.36 \pm 0.02^*$	$2.28 \pm 0.17$	$1.30 \pm 0.13^*$	$1.48 \pm 0.11^*$

Values expressed are means  $\pm$  S.D (n = 6 per group), \*p <0.05 against the HFD group.